



CLAIMS Application No. 10/808088 Banks, et al. Examiner: Michael Brown

PENDING CLAIMS: Amendment 37 CFR 1.121, Amendments to the claims:

Claim 1: (New) (Matter originally presented in claims 1, 3, 4, 5, 6, 8, 9, and 10)

We claim as our a tubular back massage and acupressure device, including the method of using the device, which is used to apply pressure to the muscles in the laminal groove on both sides of the human spine; the invention is used along the length and in four locations of said spine; the invention is used on both sides alternately at each of the eight locations along said spine; the invention is used with a rolling motion in a single axis over (or perpendicular to) the length of the device with the device used as a fulcrum; the invention comprising:

a device consisting of a rolling means for applying pressure to the lamina groove which is a cylindrical hard inner core of firm or semi firm material; that the core can be hollow or solid, covered by a foam-type sleeve; that the core is the device for applying massage and/or acupressure parallel to the user's spine, and that

the specific method (.COPYRGT. 2003 by Carolyn Leah Banks) of using the device parallel to, and subsequently on each side of, the human spine at four locations along the laminal groove (which is about one inch from the center of each side of the spine) beginning at the pelvic girdle and ending at the cervical area; said device is placed between the laminal groove and a firm surface; and pressure against said device allows vertebral realignment without excess force.

Claim 2: (New) (Matter originally presented in claim 1)

We claim as our invention the device of Claim 1 consisting of:

a cylindrical inner hollow or solid core made of wood, metal, plastic, PVC or other firm or semi firm material;

that the core is 5 to 10' in length and varies from 9/16' to 1 1/2' in outside diameter;

that the variation in diameters and lengths allows users to select one of several sizes that best meets their personal massage requirements;

that if said core is hollow, it will include plugs or caps that smoothly transition and close both ends of the core to prevent injury to the user or the core can be solid with both ends slightly beveled for the same smooth transition from the core

to the foam-type sleeve at each end; and

that the core is covered by a foam-type sleeve with an approximate O.D. of $\frac{3}{4}$ to $1\frac{3}{4}$ " to provide protective padding over the core.

Claim 3: (Currently amended) (matter from original Claim 4)

We claim as our invention the method described in Claim 1 for using the device described in Claim 2 where the user begins by lying on his/her back. The method is including:

- (1) lay supine with knees up and feet comfortably apart and placed parallel to one another on the floor or other firm or semi-firm surface (preferably carpeted for comfort);
- (2) roll slightly to one side, placing the device parallel with the spine and against the lower spine at the pelvic girdle;
- (3) roll[[s]] gently over the device by alternately pushing up with one leg and the hip attached to that leg from the floor, while lowering the opposite hip toward the firm surface, rocking back and forth over the device adjusting pressure against the device by lifting or pushing with the hips, legs, shoulders and abdominal muscles;
- (4) move the device to the other side and repeat;
- (5) move the device to the lower ribcage and repeat the rolling massage on both sides;
- (6) move the device to the upper ribcage and repeat rolling massage on both sides;
- (7) and finally move the device to the cervical area, placing the device one to two inches below the base of the skull massaging both sides, and additional pressure can be applied against the cervical neck area by placing the head slightly off a step to the point where the user's elbows can be dropped over the edge of the step.

Claim 4 (Currently amended) (matter from original Claim 6)

We claim that our invention can also be used by placing the device between a wall (or some vertical surface) and the user's back and rotating the user's body in a similar method to the rolling and/or seesaw movement as described in Claim 3.

Claim 5: (Currently amended, matter from Original Claim 10)

We claim that because the invention concurrently provides pressure against several vertebrae, it gently lengthens foreshortened support muscles in the lamina groove, thereby allowing a vertebra, or vertebrae, to automatically align with its adjacent vertebrae; therefore, when properly used, the invention can provide intervertebral or intersegmental extension of the spine.